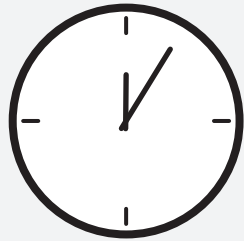


ANXIETY CLOCKS



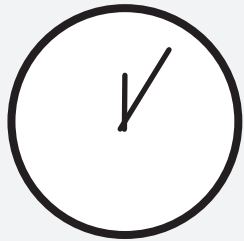
BEGINNING
PROJECT



QUOTING



AGREEING
TERMS



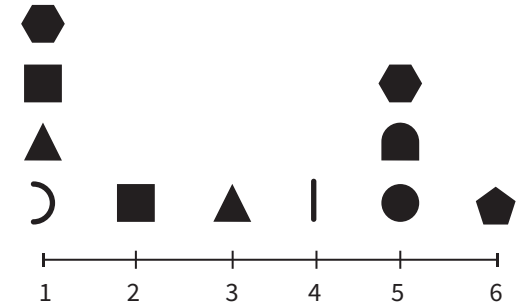
TERMS
NOT MET



PITCHING
TO CLIENT



REFLECTING
AT NIGHT



LEGEND

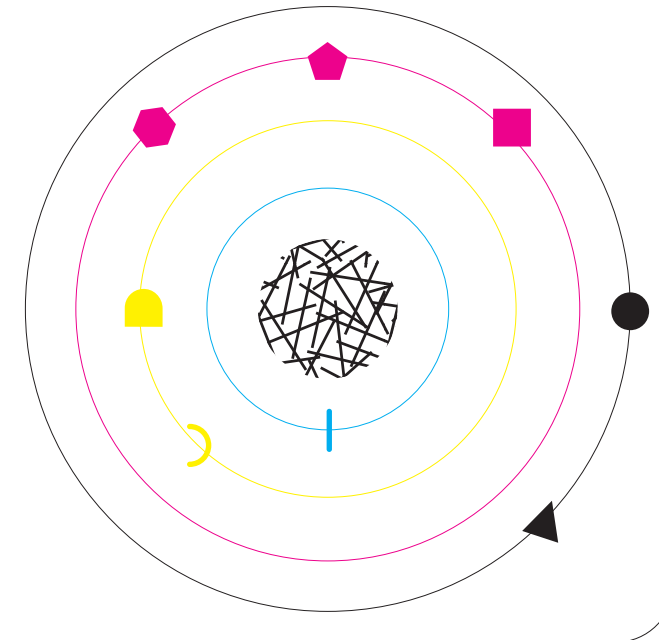
- | | | |
|-------------------------|---|---------------|
| 1 Beginning project | | Participant 1 |
| 2 Quoting | ☾ | Participant 2 |
| 3 Agreeing terms | ● | Participant 3 |
| 4 Terms not met | ◐ | Participant 4 |
| 5 Pitching to client | ▲ | Participant 5 |
| 6 Reflecting at night | ■ | Participant 6 |
| | ⬠ | Participant 7 |
| | ⬡ | Participant 8 |

When do you feel anxiety the most?

At the beginning when quoting and agreeing terms | Pitching to client | When terms are not met | At night.

GRAPHIC

DIAGRAM



LEGEND

- | | | | |
|---|---------------|---|-----------------|
| | Participant 1 | | |
| ⌋ | Participant 2 | | |
| ● | Participant 3 | | |
| ◐ | Participant 4 |  | DISENGAGE |
| ▲ | Participant 5 |  | SLOWS DOWN |
| ■ | Participant 6 |  | FUEL & PARALISE |
| ⬠ | Participant 7 |  | NO IMPACT |
| ⬡ | Participant 8 |  | ANXIETY |

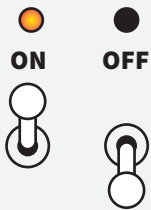
N° 3

Does this anxiety stop you from working or rather fuels your work?

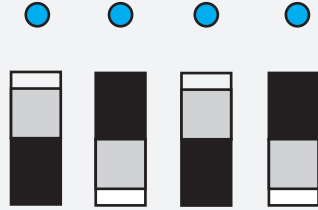
100% All individuals push through the anxiety although it affects them differently.

PROJECT CONTROL PANEL

POWER



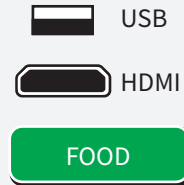
OTHER TASKS



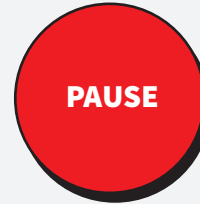
MOTIVATION



FUEL



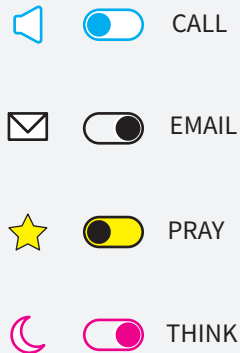
STOP



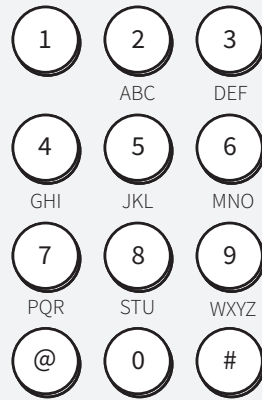
EXPECTATIONS



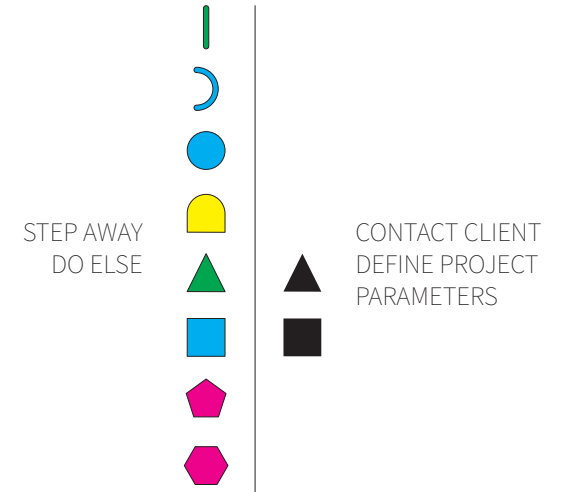
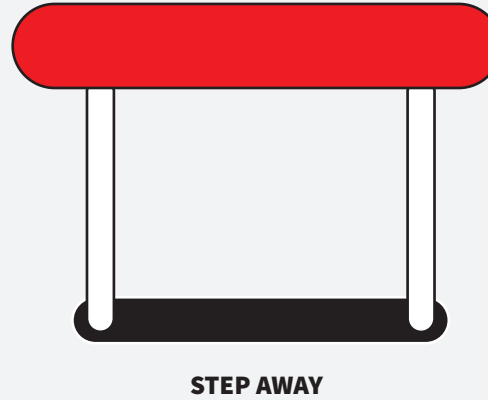
ACTIONS



DIAL



PUSH THROUGH



LEGEND

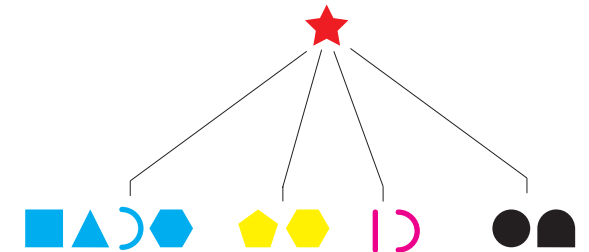
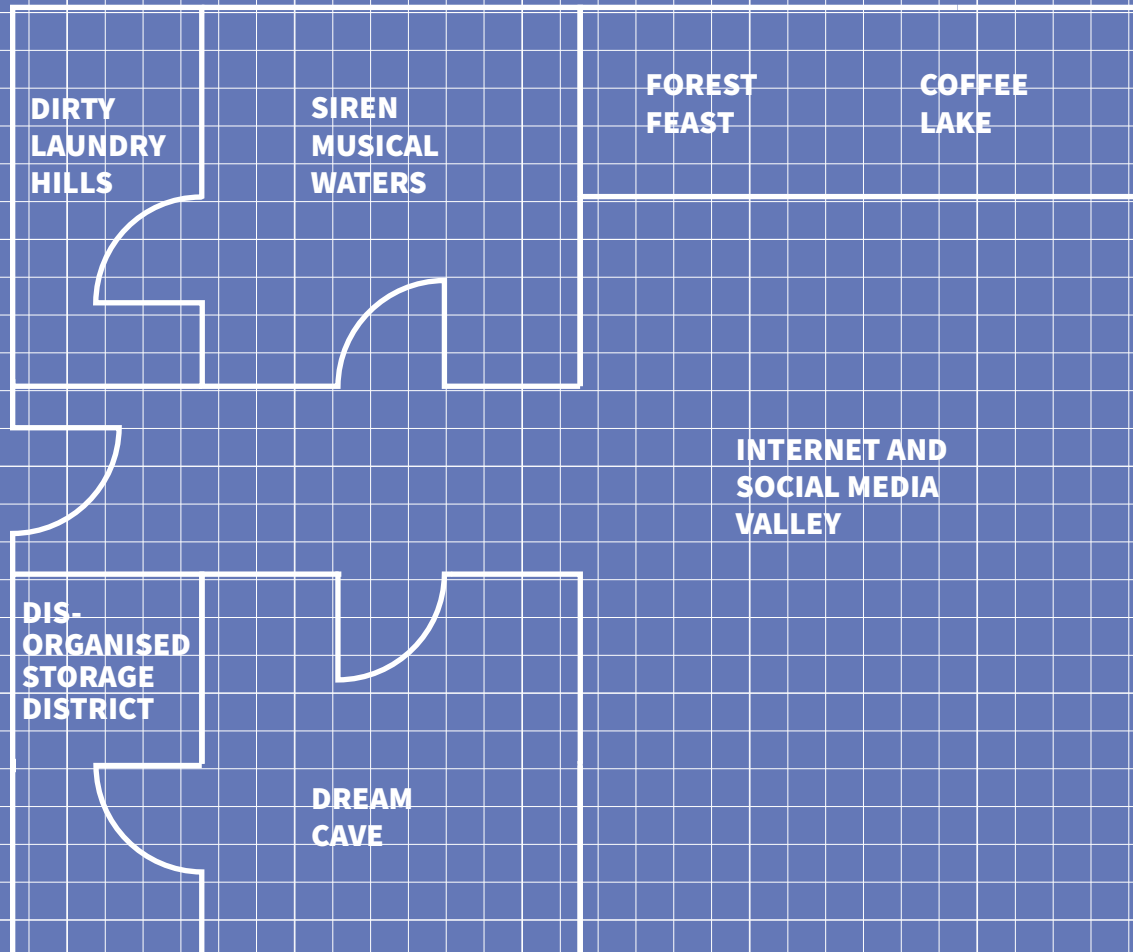
- CHANGE TASK
- THINK
- PRAY
- FUEL SELF
- STEP AWAY
- DEFINE PROJECT
- Participant 1
- Participant 2
- Participant 3
- Participant 4
- Participant 5
- Participant 6
- Participant 7
- Participant 8














N° 4

What do you do to calm the anxiety?

Step away from the project to do something else | Improve communication with client.

PROCASTINATION BLUEPRINT



- | | | | |
|---|----------------|---|---------------|
|  | PROCASTINATION |  | Participant 1 |
|  | CHORES |  | Participant 2 |
|  | LISTEN MUSIC |  | Participant 3 |
|  | USE PHONE |  | Participant 4 |
|  | OTHER |  | Participant 5 |
| | |  | Participant 6 |
| | |  | Participant 7 |
| | |  | Participant 8 |

N° 6

Do you find yourself procrastinating? If so, when does that happen and what do you do?

100% All participants procrastinate unless they have a deadline.